

# The Cross and Compass

Knights of Columbus St. Joseph Council #7528

MARCH 2014

Richard Wolleat - Editor

## Letter from The Grand Knight

Brother Knights,

March is now upon us as we enter the busy lentil season. This is the best time of the year to work together as knights. We will be doing the fish fry's again this season in the church hall. I would love to see a great turn out with our brother knights both new and old. Lets support the church and the knights during this season. I wish everyone well for the spring ahead and may there be many new beginnings.

Early Happy Easter

Jim Robinson GK#7528



JIM ROBINSON, GRAND KNIGHT

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## 40 Days for Life

As knights we have sworn to bear Christian witness, that is, to publicly profess our faith in Jesus' and the Church's teachings. Protecting the sacredness of human life is one of the main principles of the Knights of Columbus. During this Lent seriously consider participating in the next 40 Days for Life campaign. The campaign runs from March 5th (Ash Wednesday) through April 12th, Mon thru Saturday from 9AM to 4PM at Planned Parenthood Federal Way 1105 S. 348th St. St. Vincent's has committed to filling the Wed and Sat days. Other parishes will cover the other days. This is a peaceful, non-confrontational prayer vigil. Sign up for an hour or two each week or whenever you can at <http://vigilcalendar.com/federalway/schedule/weekly/1392765592> or Google "40 days for Life Federal Way". And wear your blue KofC jacket when you participate.

## 40 Weeks - Living the Faith

St. Vincent de Paul parish is offering a daily spiritual journey to all called "40 Weeks", a prayer form based on spiritual exercises of St. Ignatius Loyola. As men we are very good at using our hands in works of charity. However we are less inclined to show piety or participate in activities that foster our own spiritual growth which should be the basis for all we do. We are encouraged to not only engage in this journey personally but also as small groups. Bill Shell and Joe Penwell have offered to lead a small group **discussion with** knights from our council as well as their spouses in a weekly gathering that will set the stage for their own daily 15 minute reflection for the coming week. We will meet each Monday at the Brown Bear restaurant in Federal Way at 8AM **beginning March 10th**. You are encourage to buy the 40 Weeks book (only \$9), from the parish office or bring writing material to take notes. We hope that this will also be a time for fellowship among our council members and their spouses.

### March Birthdays!

#### MEMBERS

1 Thomas Thornton	8 Gary Hunter	18 Martin Moore	23 Mark McGregor
3 Gerald Wilson	13 Ted Colby	18 Jeff Lee	24 Scott Baukol
3 Steven Gentry	15 Daniel Peterson	19 George Horsham	28 Alejandro Paves
4 Daniel Vogt	15 Robert Howell	20 Ken Landreth	31 William Herbert
4 Jeffrey Burgess	17 Adam Werner	21 Thomas Vandenberg	31 Michael Erwert
7 James Yokum	18 Michael McDonald	22 Samuel Schroeder	31 Thomas Koch
7 Matt Tavares			

#### WIVES

1 Margie Frederickson	7 Shirley Hemmer	19 Cindy Amato	28 Helen Rabara
4 Ifeoma Chiedu	8 Paula Mayfield	20 Heidi Colby	28 Judy Gonzalez
6 Jean Duran	15 Lois Moritz	27 Marilyn Courtney	29 Cindy Vicars

### March Anniversaries!

1 Ricardo and Cynthia Herman	19 Thomas and Barbara Skoda	31 Daniel and Susan Reeb
3 Kevin and Pam Buck	30 Henry and Rosita Anusiem	31 Tony and Carol Robinson

### Council Rosary

On Jan 16, 2014 our council gathered for a rosary to pray for our council and the parish. The attached prayer concluded our reflection. We would like all council members to continue praying this prayer regularly.

Most holy and Immaculate Virgin, we place ourselves under your motherly protection. Throughout the Church's history you have helped Christians in times of trial, temptation and danger. Time and time again, you have proven to be the Refuge of sinners, the Hope of the hopeless, the Consoler of the afflicted, and the Comforter of the dying. We promise to be faithful disciples of Jesus Christ, your Son, to proclaim His Good News of God's love for all people, and to work for peace and justice in our world. With faith in your intercession, we pray for our council, our parish, and the Church; for our family and friends, for the poor and abandoned, and all the dying. We especially pray for our brother knights who have gone before us to your heavenly council. Grant, O Mary, the graces of which we stand in need. Infuse our council members with a new spirit of service and mission. Bless our council with new men willing to serve Jesus with fidelity and love.

Help us and our loved ones to attain the boundless joy of being forever with our Father in heaven.

Amen.

## 2013-2014 Council Leadership

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### Nativity House!

Brother Knights,

Come help feed the homeless Saturday March 15th!! Everyone will be meeting in the church parking lot at 7:45 and leaving promptly at 8AM. From there everyone will be heading to the Tacoma Nativity House to feed the homeless pancakes and sausage! This is a great opportunity to help those in need! Contact Ted Colby for any additional information.

**Contact Ted Colby at [nhb@kofc7528.org](mailto:nhb@kofc7528.org)**

### Meeting Raffle

Brother knights, there was no winner of the monthly raffle. The winner would have won 75 dollars. Please come to our business meetings for a chance to win! Our next meeting will be March 4th.

Marty Rewa

Warden

## Upcoming Events!

March -

4th - General Meeting 7PM Rosary 7:30PM Meeting

7th- Fish Fry 5PM (Cutting on the 6th 7PM)

14th- Fish Fry 5PM (Cutting on the 13th 7PM)

15th- Nativity House

18th - Planning meeting/First Degree 7PM

21st—Fish Fry 5PM (Cutting on the 20th 7PM)

28th- Fish Fry 5PM (Cutting on the 27th 7PM)

April -

1st - General Meeting 7PM Rosary 7:30 PM Meeting

4th - Fish Fry 5PM (Cutting on the 3rd 7PM)

11th - Fish Fry 5PM (Cutting on the 10th 7PM)

15th - Planning Meeting/First Degree 7PM

18th - Fish Fry 5PM (Cutting on the 17th 7PM)

## Opportunity to Serve for Community Supper

Our Saturday Community Supper effort is in need of additional workers. During the last year we have noted the retirements of a few; illness and other activities have waylaid some. We have four teams, one to work each Saturday of the month.

Needed:

Second week of every month - dishwasher and help preparing meals at about 11:30 and then serving the meal and finishing about 2:30. A food handler's permit, which is easy to obtain on-line is required for these positions see the following link: (<http://www.kingcounty.gov/healthservices/health/ehs/foodsafety/FoodWorker.aspx>)

Third week of every month – person(s) to pick up weekly supplies at St. Vincent's at 10:45, and deliver them to the Church of the Good Shepherd on 312th, and then to reverse the pickup/delivery at 2:30.

Also needed week 3 are set-up help, some meal prep support and help serving meals, beginning at 11:00 finishing about 2:30. Again, a food handler's permit is required.

Fourth week team needs set-up, meal prep and meal serving help (with food handler's permit), starting at 11:00 and finishing at 2:30.

Please call Jackie Blair 253-952-6988 a parishioner of St Vincent's if you can help with any of these jobs.

### Good of The Order

Listed are all of the those Brother Knights or family members who are Sick or in Distress.

Joe Penwell

Darryl Fox

Pete Anderson

All those who have joined Our Lord in Heaven this year  
Please keep these Knights and family members in your prayers. Thanks!

### Next Business Meeting!

Brother Knights,

Just a friendly reminder. We will be having our next general meeting Tuesday, March 4th. Come down and see the fun we have in store.

Vivat Jesus!

Jim Robinson, Grand Knight

## Council Website!

The address is: <http://www.kofc7528.org>. While you are browsing through the public pages, take a moment to create your account. All members of our council are encouraged to create an account at the council's website. If you haven't already done so, just click on the link at the upper right hand corner, "Create an Account" and fill in the blanks. You will need your membership number to create your account and log in, but once you do, you will have access to the "members only" pages. If you have any questions, don't hesitate to contact us at [webmaster@kofc7528.org](mailto:webmaster@kofc7528.org).

Some of the pages available to you once you log in include the membership roster, so you can contact your brothers in the council. Also we have the meeting minutes and the council budget.

On the subject of email, we have council email aliases setup to allow you to contact almost any officer or chairman in our council. There is a page listing these aliases and you can get to it by clicking on "Contact Us" in the left hand menu. There you will find a link to the alias page and each alias is a link to compose an email to that person.

Please keep in mind that a website is never a finished product, but is always growing and being updated. Please give us feedback and assist us in making our council website the best in the Knights of Columbus.

## Insurance Benefits

### **The financial security you deserve**

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Protecting families and their financial security has been part of Knights of Columbus' mission since 1882. From our humble beginnings in a Church basement in Connecticut, we've grown to become an insurance industry leader.

Each Knight of Columbus agent is more than a brother Knight. Her is a dedicated, knowledgeable, and experienced professional who can help you obtain exceptional financial protection for you and your family, and he offers more than personal service; he provides the peace of mind that comes from knowing your families' future will be secure.

See for yourself why you can trust your insurance needs to the Knights of Columbus. Call Ron Scholz, your field agent today 253-804-9147 or email [ronald.scholz@kofc.org](mailto:ronald.scholz@kofc.org)

## Fish Fry's 2014

Yes it is Fish Fry Time. Starting Friday March 7,2014 and continue very Friday of Lent, through April 11,2014 (except Good Friday) Council 7528 prepares delicious fish, fries and coleslaw krab salads, clam chowder, mac & cheese and desert of the Knight. This is one of our major fund raisers and we need as many brothers as possible to help make it a success. There are plenty of opportunities to help from setup, cooking, serving and clean up. Please consider donating some of your time to this event. Set up crews and food prep is at 2.00pm, cooking at 4.15pm, serving at 5.00pm and clean up from 6.00pm to finish. If you're an old hand or a new member we need you all. Mark your calendars and plan to make this the best Fish Fry Season ever. Remember to invite your family and friends to come and enjoy the food and friendship. If you have any questions or want to volunteer please contact me at [fish@kofc7528.org](mailto:fish@kofc7528.org) Thanks. -----Tony

## Community

Guided Pathways is having a Family Wellness Retreat March 28-29. They are also having a “Lunch and Learn” Friday, March 28th from 11:30-3 about supporting families. Visit [www.guidedpathways.org](http://www.guidedpathways.org) for more information

Reach Out is having Roller mania at Pattison’s West March 31st from 6-9pm

Family Life Community Church is giving food away the 1st and 3rd Sundays of the month

Crossroads Bible Church in Bellevue. Their annual banquet is March 29th. Visit [www.carenetpsPartners.org/light-and-life](http://www.carenetpsPartners.org/light-and-life) for more information

League of Education Voters will be holding workshops in March and has a breakfast fundraiser on March 11th

King County Library System has 1-on-1 tech tutoring available at the 320th Library

Federal Way Coalition Against Trafficking is holding its “Break the Chains” 5K on March 17th

United Way of King County is looking for locations to host summer meals. Also, their tax campaign is still underway

## Peter Guthrie

Peter Guthrie, a parishioner, and former council member has reached a high post at supreme. Peter Guthrie has been appointed by the Supreme Knight to the college advisory board. The College Advisory Board is appointed to represent the needs and interests of the college knights to the staff of the Supreme Council of the Knights of Columbus; to advise staff on new strategic initiatives; and, to assist in the planning and organization of the annual College Conference. Peter, who is Grand Knight at St. Aloysius Gonzaga Council 12583 and Faithful Navigator of Bishop White Assembly 1539. was the leader that over came the original rejection of the Knight's council by Gonzaga University.

Before going away to be a seminarian he was extremely busy at St. Vincent de Paul parish, and Kennedy High School. He was involved in the passion play and got the honor to play the role of Christ. He was very active in Mission trek, and life teen. He was a strong leader on the retreat teams; and he still had time to be the Drum Major for the Kennedy Band. His senior year at Kennedy High School he won the Religious Department Award.

Our council has supported him in his studies to become a priest thru the RSVP program. He got indirect help from the state council because state gave \$25,000.00 to Bishop White Seminary to help reduce their debt..

I am sure he would appreciate continued prayers for his completion of his studies to become a priest. At the general meeting on March 4 we will have a card for everyone to sign. A private card from you and your family would be greatly appreciated by him.

## Food Handler's Card

Getting or renewing your food service card is quick and easy.

The Health Department has now set up the food service card program on line. The program takes you through the rules and gives you all the information for taking the test. When you pass the test it issues you a food service card. The process takes about 20 minutes and the cost for the card is \$10.00 dollars. You need a computer, printer (to print your card) and a credit card to charge the \$10.00 fee. If you have a current food service card please check your expiration date and renew it before it expires. If you don't have a card, please get one if you help us (or any other group) with food service. The card is good for any event or group you help. If you have any questions let me know at:

[kitchen@kofc7528.org](mailto:kitchen@kofc7528.org) Thanks. -----Tony

## Pennies For Heaven/Prayer For Vocations

The State Chairman for Vocations said he has his favorite vocation prayer on his nightstand to remind him to pray for vocations and his evening prayers, In his article he gave 3 links to prayers for vocation. The first link was to US Council of Catholic Bishops web page which has 17 pages of prayers for vocations, I read a few and said I like the one from the Knights of Columbus which we say each month more than those I read from the American Council of Catholic Bishops.

So I went onto the second link which is Titled "Saint Pope John Paul II Prayer for vocations:" which I read it and I liked it. I then said to myself, I wondered if the last one was good also It's title is " Pope Francis Prayer for Vocations:" and I liked that one also.

I started thinking. Maybe the council might want to change the prayer we say every month for Vocations. The council decided to put this option to a vote of the membership. To give every member a chance to vote it was decided to put the option to vote in the cross and compass. Indicate your choice of prayer for vocations by putting an **X** next to your choice of prayer. I will collect all the ballots from the Members present at the May 6th the general meeting and FS will have all the ballots mailed to the council from members who cannot make that meeting. We will give the ballots to the grand knight. The Grand Knight will appoint a committee of counters to count all the ballots and a person to supervise them. The prayer with the most votes will become the council's prayer for vocation and will be read at the general meeting starting next year.

Part of our commitment to PFH is the praying for Vocations. The other part of this is too support vocations with donations to PFH. Perhaps we can back up our votes with a donation to show our commitment.

At the time I am preparing this memo Council 7528 is \$ 378.15 short of our goal. I know we can reach our goal if we all make it a priority. Members who cannot make it to the May 6th general meeting can make your donation if you want by writing a check to the council clearly marking it as a donation to PFH on the FOR line of your check and mailing the check with your ballot and ensuring they arrive before May 6, 2014. All donations must be sent to the FS. So please put PFH on the back of your envelope Members who attend general meeting you can make your donation by simply putting it in the PFH barrel. I will be remind everyone at the end of each general meeting to make their donation if they haven't done so already. This will be the first time in years our council will have reached our goal strictly with donations.

The prayers are on the next page, please print the ballot out and mail it to the Financial Secretary if you can not make the May 6th meeting.

## Ballot

### \_\_\_\_\_ Blessed Pope John Paul II Prayer for Vocations

Lord, Jesus, once you called the first disciples in order to make them fishers of men. Continue to let resound today Your sweet invitation: "Come and follow me." Grant to young men and young women the grace of responding promptly to Your voice. Sustain our bishops, priest and concentrated souls in their apostolic work. Give perseverance to our seminarians and to all those who are fulfilling an ideal of a life of total consecration to Your service. Enkindle in our communities a missionary zeal. Send Lord, workers into Your fields and do not let mankind be lost because of a lack of pastors, missionaries and people dedicated to the cause of the Gospel.

Mary, Mother of the Church, Model of Vocations, help us say "Yes to the Lord Who calls us to a collaborate in the Divine Design of Salvation"

### \_\_\_\_\_ Pope Francis – Prayer for Vocations

God our Father, you made each of us to use our gifts in the Body of Christ. We ask that You inspire young people whom you call to the priesthood and consecrated life to courageously follow your will. Send workers into Your great harvest so that the Gospel is preached, and the poor are served with love, the suffering are comforted, and Your people are strengthened by the sacraments.

We ask this through Christ our Lord. Amen

### \_\_\_\_\_ Knights of Columbus – Prayer for Vocations

Lord Jesus Christ, model of every vocation, inspire more of our men and women with a desire to seek and serve you in the Priesthood, Diaconate, Brotherhood, Sisterhood. Fill them with a firm determination to give themselves entirely cooperating with the grace of Your high calling.

Enlighten them with the burning love of the Holy Spirit and aid them through the intercession of Mary, our most loving Mother, to know and follow your will. We ask this through Christ our Lord . Amen.





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